

East Hills Athletic Club

1640 E. Paris S.E.

Grand Rapids 49546

(616) 224-5400

Orchard Hills

115 Crahen NE

Grand Rapids 49525

(616) 224-8700

The MAC

2500 Burton SE

Grand Rapids 49546

(616) 956-0944

*** *Special discount* ***

*for State of Michigan employees showing their
state ID card (Single/Couple or Family):*

Initiation fee (\$150) is waived.

Discount remains in effect for 2005!

Facilities include:

- * *Health and fitness programs for the whole family.*
- * *Fitness/Wellness Center: group exercise, martial arts, massage, personal training, 'meal patterning', volleyball, basketball, and more.*
- * *Medical integration: Running Gait Analysis, Cancer Wellfit, & Rehab.*
- * *Weight training.*
- * *Nutrition and weight management classes.*
- * *Indoor pool and classes.*
- * *Tennis and racquetball.*
- * *An Outdoor Summer Club at the Orchard Hills Swim and Sports Club.*

Click for more details and information about each facility

<http://www.ehac.com>

<http://michiganathleticclub.com>

